

# Novel Coronavirus Outbreak (COVID-19)

*According to the Centers for Disease Control and Prevention (CDC), the risk of COVID-19 to the American public is LOW. However, you can help prevent the spread of respiratory illnesses with these actions.*



*Wash your hands with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.*

*When coughing or sneezing cover your nose and mouth with tissue or your arm.*



*Avoid touching your eyes, nose & mouth with unwashed hands.*

*If you feel sick, stay home and please contact your healthcare provider.*



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To stay updated visit:  
[www.cdc.gov](http://www.cdc.gov)

To learn more:  
[www.hcphtx.org](http://www.hcphtx.org)